

PATIENT NAME _____
 PATIENT PHONE _____

INSULIN NAME _____ DOSE (UNITS) _____ SHOTS/DAY _____

ORAL DIABETES MEDICATIONS _____ DOSE _____ TIMES/DAY _____



Accu-Chek® 360° View 3-day profile tool

		Day 1 Date _____							Day 2 Date _____							Day 3 Date _____							
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	
Time																							
Meal Size SML		-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	
Energy Level*		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Blood Glucose																							
Insulin Dose																							
BLOOD GLUCOSE RANGE	TOO HIGH	> 16.7 mmol/L																					
		14.5 - 16.7 mmol/L																					
		12.3 - 14.4 mmol/L																					
		10.1 - 12.2 mmol/L																					
		7.8 - 10.0 mmol/L																					
	6.2 - 7.7 mmol/L**																						
	4.5 - 6.1 mmol/L**																						
TOO LOW		2.8 - 4.4 mmol/L																					
		< 2.8 mmol/L																					

After Meal Goal
 ←
 ←
 Fasting/ Before Meal Goal

*ENERGY LEVEL					
What is your energy level?	1 Very Low	2 Somewhat Low	3 Moderate	4 Somewhat High	5 Very High

What did you learn from doing this analysis of your blood glucose results?

AccuChekSubSahara
 Self-Help Shortcode: *134*76243#

WARNING: Do not adjust your prescribed oral medication or insulin therapy without first consulting your physician

Bring this form and your Accu-Chek blood glucose monitoring system to your next healthcare professional appointment
 Would you prefer to complete this online? Access the Accu-Chek 360° View tool on www.accu-chek360view.co.za



** American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control. 2002.

A smart way to test your blood sugar is as easy as connecting the dots!

The Accu-Chek® 360° View 3-day profile tool is an easy-to-use tool that helps you and your doctor see how well your blood sugar is under control. You can see the effect of your meals on your blood sugar, and how well your diabetes therapy is working.

How it works:

1. Test your blood sugar at 7 times per day over 3 days before and after meals and before bedtime
2. Write your blood glucose numbers on the paper tool
3. Then mark the meal size and energy levels for each value, as well as insulin dose if administered
4. Get your blood sugar graph by placing an X in the corresponding row of the chart. Then connect the Xs to build the graph
5. Discuss the completed paper tool with your doctor at your next practice visit

By discussing this completed tool with your healthcare professional, you can both view the trends and patterns of your blood sugar levels. The graph shows how well your blood sugar is controlled and you and your doctor can decide on the next steps.

Helping you see how what you do matters.

Accu-Chek® 360° View 3-day profile tool

